



# AMANGALLA

Experience Guide





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## The Amangalla Experience

Known as the pearl of the Indian Ocean, the tear-shaped island of Sri Lanka was called 'Serendib' by the ancient Persians and 'Ceylon' by the British during their colonial rule. By whatever name, however, the island's beauty has always been a constant – its golden beaches scalloping a whale-visited coastline, its jungles revealing ancient temples and its verdant tea plantations cloaking mist-draped hills. Serving as a time capsule and a gateway to the country's breathtaking south coast is the UNESCO-protected Galle Fort, which has welcomed guests since 1588 when it was first established by the Portuguese.

Located in the heart of this historic site, Amangalla is the perfect base for exploring the Fort's charming lanes, ancient buildings and contemporary boutiques, as well as the beaches, temples, rural countryside and national parks that await beyond the Fort's 400-year-old stone walls. Read on to discover the broad range of personalised activities and experiences on offer at Amangalla, both within the island's lush interior and offshore.







## Cultural Immersion

### Galle Fort Walk

Experience a scenic stroll through Galle Fort in the late afternoon, guided by your butler.

This UNESCO World Heritage Site was established by the Portuguese in 1505 when a small foreign trading post started operation. In 1640, the Dutch captured Galle, and by 1663, they constructed great ramparts and bastions to protect their interests in the island and as a staging post to venture further into Southeast Asia. Within these ramparts, narrow streets are lined with buildings displaying their Portuguese, Dutch and British heritage.

In the evening, the Fort community members take their daily stroll and gather on the ramparts to take in the sunset and catch up on the day's gossip. Start from the lighthouse and walk clockwise around to the temple to experience this lovely ritual.

### Museum Tour

An archaeologist will lead you through the various museums in the Fort, including the Maritime Archaeology Museum, which features artefacts recovered from the sea, the Marine Museum and the Black Fort Gallery, where you can view replicas dating from the 15th to the 19th centuries. You will also visit the Galle National Museum, housed in a 17th-century military structure, the Moon Bastion Art Gallery, which exhibits paintings and sculptures from the colonial and pre-colonial eras, and the Star Bastion Gallery, the oldest gunpowder magazine within the Fort.

Two hours

### Bawa Tour

Geoffrey Bawa, who is noted among the most influential Asian architects of his generation, shaped modern Sri Lanka with an oeuvre spanning almost 70 years, from the 1940s to the 1990s. His 'tropical modernism' style can be explored in Bentota, just under a ninety-minute drive north of Galle, where you can visit Lunuganga, his home and most striking achievement. Once an abandoned rubber estate, it occupied him for 50 years, serving as a test-bed for his emerging ideas.

The guided tour also includes a visit to Brief Garden, the celebrated garden and country home of renowned landscape architect Bevis Bawa, Geoffrey Bawa's elder brother. This whimsical masterpiece offers a surreal experience for art enthusiasts and nature lovers.

Half-day private tour



## Cinnamon Estate and Picnic

Sri Lanka is renowned for its indigenous Cinnamomum Zeylanicum trees, which produce the finest quality pure cinnamon, and the country is the world's largest producer of this prized spice. A 40-minute drive from Amangalla takes guests to a private estate near Koggala Lake, where they can learn about the cinnamon harvesting process. The experience includes a guided tour followed by a picnic lunch prepared by Amangalla's culinary team, served overlooking the rice paddies.

## Tea Plantation

Sri Lanka's history was not foretold in tea leaves but rather unfolded because of them. Learn all about the island's tea production at a scenic plantation situated a 40-minute drive from Galle. Walk through the estate's rolling hills, then savour tea on the veranda of the planter's bungalow as he regales you with stories of old.

## Antique Tour

Those searching for exclusive antiques will find a treasure trove of stores along the coast in Ambalangoda, Talpe and Unawatuna. Collections include wooden statues, furniture, ceramics and heritage pieces from Sri Lanka's colourful colonial past.

## Handloom Weaving Mill

Explore one of the largest handloom factories in Sri Lanka's southern province, just a 20-minute drive from Amangalla. This mill is one of the few remaining establishments on the island that preserves age-old dyeing and weaving traditions and it specialises in artisanal products crafted by local women.

## Celebration of Love

Proclaim your love or reaffirm your vows through a traditional Sri Lankan Poruwa wedding ceremony. Indulge in a rejuvenating facial treatment and don traditional attire, which you can take home as a cherished memento. You will then be driven to a private paddy island near Amangalla, where you will be welcomed with Champagne and a classical Kandyan dance performance. The Poruwa ritual, led by a priest, will be followed by a barbecue dinner and concludes with an exhilarating fire dance performance.

## Cycle Tour

Embark on a captivating cycle tour of Galle Fort. Admire the colonial architecture and panoramic ocean views from the ramparts, discovering hidden gems and historical landmarks at your own pace.

Bicycles available at Amangalla for complimentary use



## Temple Tour

Discover the country's deep-rooted traditions and spiritual heritage with a visit to the Yatagala and Rhummasala temples, located within a 30-minute drive of Galle.

Yatagala is one of the oldest temples in the region, set amid a valley of rice paddies and tropical jungle. At the top of 120 steps, you will find the 1,200-year-old rock temple with a beautiful gallery, an ancient Bo tree and a sacred meditation cave.

Rhummasala, built by the Japanese after the 2004 tsunami, is on the headland across the bay from the Fort. The white stupa is of Zen simplicity on a huge scale.

A Buddhist blessing can also be arranged during your temple visit.







## Wellness Experiences

### Sattva Vihāra – Wellness Retreat

Sattva Vihāra, which translates as ‘retreat of purity and balance’, offers pathways to undertake transformative journeys. This immersive experience begins with a gentle awakening and, just a short drive from Amangalla, the complete tranquillity of a serene morning on a private paddy island surrounded by verdant rice fields. Then, relax and reset with a therapeutic sound bath session that combines the traditional practice of Tibetan singing bowls with the calming effects of nature’s symphony. A 90-minute signature couple’s massage follows, after which a wholesome Sri Lankan breakfast is served. The half-day experience concludes with a visit to the ancient Yatagala temple.

Starts at 6.30am







Yoga

Wake with the sun and join our instructor for a yoga session in the Garden Pavilion, followed by a wellness talk by an Ayurvedic practitioner.

Private sessions can be arranged on request and personalised to suit individual needs, goals and fitness levels.

Group session - 8 to 9am

Fort Rampart Yoga

Greet the day with a trainer-led private yoga session atop Galle Fort’s ancient ramparts, where the first rays of the sun stretch across the horizon. As your body slowly awakens with mindful movement and breathing, the soft morning light and sea breeze create a serene atmosphere for inner stillness.

Starts at 6.30am

Sound Bath

Singing bowl therapy employs different audio frequencies to work on the physical and emotional bodies, loosening blocked energies, restoring a balanced state of mind and body, and relieving stress and anxiety. Rejuvenate with a soulful meditation session with our resident practitioner, using Tibetan singing bowls, amidst the peaceful setting of Amangalla’s Garden Pavilion.

45 minutes

Ayurvedic Consultation

This private consultation is led by an Ayurvedic practitioner who will assess your body type and dosha, a trio of energy types, the balance of which is said to determine your mental and physical health. Based on this evaluation, you will receive tailored guidance aimed at enhancing your health journey, including dietary and lifestyle practices to boost vitality.

Ayurvedic Cooking Class

Learn Ayurvedic cooking with an interactive class designed according to your dosha: Vata, Pitta or Kapha. This session will equip you with menus that you can incorporate into your daily routine. The experience is complemented by an in-depth consultation with a specialist doctor, providing you with valuable insights into your specific health requirements.

Monk-led Meditation

Experience deep inner peace through this guided meditation centring on mindful breathing and ancient meditation techniques in the calming presence of a monk. Learn to quiet the mind, release stress and cultivate awareness. The practice fosters mental clarity, emotional balance and a profound connection to the present moment, leaving you feeling centred.

60 minutes

Tennis

Enhance your tennis skills with a coach or engage in competitive matches at the historic Galle Services Club, one of the region’s oldest social and sports clubs, originally established in 1885. The hard court equipped with floodlights is perfect for evening play, and all necessary equipment will be provided for your convenience.

60 minutes

Nail Salon & Barber Shop

Amangalla’s traditionally styled salon offers manicures and pedicures, as well as a third-generation barber shop for gentlemen, providing a classic wet shave experience and haircuts.





## Culinary Journeys

### Paddy Island Traditional Roti Dinner and Cultural Show

In Amangalla's romantic ambalama – an island in a sea of rice paddies – witness the verdant paddy fields turn to gold, then velvet black, as the sunset paints the sky a myriad of hues. Experience an ancient cultural show unique to the southern province, followed by a traditional Sri Lankan feast, expertly crafted by your personal chef and served by the light of candles and flaming torches.

### Chef's Table at the Library

A gastronomic experience in Amangalla's iconic Library, where the atmosphere evokes the charm of old Ceylon through historic memorabilia spanning centuries. A bespoke menu crafted by the chef showcases vibrant, high-quality ingredients, thoughtfully paired with fine wines – all presented at a single, exclusive table designed for an intimate and memorable culinary journey.

### Champagne and Caviar at the Library

Delight in an elegant evening at Amangalla's historic Library, where Champagne and fine caviar await. Immerse yourself in the subtle complexities of aroma, flavour and texture, all set against a backdrop of rare books and fascinating memorabilia.

Beluga or Oscietra caviar with free-flowing champagne





## Cooking Classes

Sri Lanka's tropical climate ensures abundant fruits, vegetables, fragrant spices and fresh seafood year-round. Accompany one of our chefs to a local market to select your own ingredients, then return to Amangalla to learn how to cook authentic dishes.

Alternatively, the class can be arranged at a private paddy island near Amangalla, where you can prepare a Sri Lankan feast in a thatched, open-sided pavilion. Enjoy your creations in traditional clay pots afterwards for a memorable alfresco lunch in the heart of nature.



## Afternoon Tea

Experience Amangalla's signature Silver Stand Afternoon Tea with patisserie, scones and sandwiches, or the simpler Zaal Afternoon Cream Tea served on the sun-dappled Veranda or within the elegant confines of the Great Hall.



## Dinner Under the Stars

An enchanting evening unfolds beneath a starlit sky in a secluded setting near Amangalla's pool. The ambiance is enhanced by the soft glow of candlelight, twinkling string lights and lanterns, while a string duo provides a gentle acoustic backdrop. Enjoy à la carte dining or curate a bespoke menu in consultation with our chef.



## Sunset Cocktails

Guests staying at Amangalla can enjoy cocktails at the Sunset Balcony on the hotel's highest floor while watching the sun turn golden and slowly fade into the terracotta roofs of the Fort's surrounding structures. The horizon is a breathtaking sight, with the sky meeting the edge of the Indian Ocean.



# Kids’ Activities

## Kids’ Yoga

Yoga sessions can be tailored to children of all ages. Younger kids will love the story-like progression of asanas, while older children will enjoy the challenge of balances and faster-flowing sequences.

9.30am

## Cricket Lessons

Join your kids for a visit to the Galle International Cricket Stadium, where they will have the opportunity to receive coaching from trainers. This experience not only includes practical lessons in cricket but also offers insights into the stadium’s history and an analysis of the pitch.

Two-hour activity

## Treasure Hunt

Young adventurers are invited to embark on an exciting quest to find a hidden treasure within Amangalla’s grounds. Discover the thrill of exploration as you navigate through ingenious clues using a secret map.

## Mocktail Class

Amangalla’s young guests can participate in a hands-on session with our mixologist, where they can craft their own unique mocktails.

## Junior Chef

Cooking classes offer children an exciting chance to create pizzas using their favourite toppings, along with icing cupcakes and cookies, all under the guidance of our chefs.





# Excursions

## Ocean Cruise

Set off early morning from Mirissa Harbour aboard a private speedboat for a full-day coastal adventure, with the chance to encounter dolphins and whales in their natural surroundings.

Departs at 7 am

## Sunset Cruise

Experience the breathtaking beauty of sunset on an ocean cruise aboard your private catamaran, complemented by a bottle of Champagne and canapés served by a butler.

Departs at 3pm

## Amanwella Day Tour

For a tranquil beach getaway, let us whisk you away to our sister resort, Amanwella, a contemporary oceanside retreat in Tangalle, around an hour's drive from Amangalla. You will also have full access to a day-use suite featuring a private plunge pool and terrace. The journey includes a tea plantation visit en route.

## Explore Galle (Half-Day/Full-Day)

Discover Galle with a half-day tour allowing you to select three experiences of your choice from options including a visit to an antique shop, a handloom weaving mill, a turtle hatchery and a temple tour.

The full-day tour around the outer circle of Galle features a visit to a handloom weaving mill, cinnamon and tea plantations along with a temple tour, offering comprehensive insight into the region's rich culture. A packed lunch can be arranged for your journey, if desired.







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